THRYVIVA | DIGITAL WELLNESS EDITION

Smart Grocery Shopping Checklist

Organized by store aisle for calm, efficient weekly shopping.

Fresh Produce

[ ] Baby spinach & arugula
[ ] Avocados & cherry tomatoes
[ ] Blueberries & apples
[ ] Sweet potatoes & broccoli
[ ] Fresh lemons & cucumber
[ ] Fresh herbs (basil, parsley)

Proteins & Dairy / Alternatives

[ ] Wild salmon fillets
[ ] Organic eggs & Greek yogurt
[ ] Firm tofu or chickpeas
[ ] Unsweetened oat or almond milk

Pantry Staples

[ ] Rolled oats & chia seeds
[ ] Quinoa & brown rice
[ ] Extra-virgin olive oil
[ ] Raw tahini & almond butter